



Health Promotion and Prevention Initiatives (HPPI) Newsletter

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The HPPI Program is managed by the Directorate of Health Promotion and Wellness at the U.S. Army Center for Health Promotion and Preventive Medicine.

IN THE SPOTLIGHT

STI/STD risk reduction and prevention

The diagnoses of STIs represent a significant proportion of all reportable diagnoses at US Army medical treatment facilities among Active Component personnel. STI risk reduction and prevention programs should increase prevention knowledge, reduce high risk factors, and build decision-making and communication skills in order to reduce risky sexual behaviors and alcohol consumption.

Fast Facts

- » Half of the STI cases in the United States occur in individuals under the age of 25.
- » According to Population Representation in the Military Services data, 47% of Army enlisted personnel and 11% of Army officers are under the age of 25.
- » Among recruits, 92% of new enlisted personnel and 50% of new officers are under the age of 25.

STI education intervention lessons learned from HPPI projects

- » Smaller class sizes are more effective than large group briefings.
- » Class formats which are best received use a combination of briefing slides, visual aids, handouts, group discussion, and role playing within class sessions.
- » STI risk reduction and prevention programs which combine multidisciplinary education, including discussion, community awareness, counseling opportunities, and outreach seem to be the most successful.
- » Be smart when choosing facilitators for small group discussions. Having a platoon leader or lieutenant from the Soldiers' chain-of-command will effectively sink the program from the start.

IDEAS FROM THE FIELD

Teachable moments: blood pressure

- » Take advantage of teaching opportunities during all interactions with patients. For example, when you give blood pressure screenings, teach what the numbers mean within the blood pressure reading.
- » Encourage people to keep track of their blood pressure readings in order to be aware of trends over time.
- » Educate providers to convey additional information to their patients: "Your blood pressure is XXX/XX; this is high/borderline/OK/low."
- » Provide information regarding factors that cause changes in blood pressure. For example, a decrease in exercise can cause blood pressure to go up.

HEALTH PROMOTION RESOURCES

The primary results of the 2005 DoD Survey of Health Related Behaviors Among Active Duty Military Personnel are available at:

http://www.ha.osd.mil/special_reports/2005_Health_Behaviors_Survey_1-07.pdf

PROGRAM POINTERS

Making smart health promotion program decisions

Smart health promotion programming strategies can maximize the available health promotion resources. Use the guidelines below to choose health promotion initiatives that give the best return on the investment of resources.

- » Choose initiatives that are effective at what they are supposed to do. For example, an effective health education initiative should increase knowledge, but also motivate behavior change. A good source of effectiveness information is the U.S. Preventive Services Task Force (<http://www.ahrq.gov/clinic/uspstfix.htm>) which systematically reviews evidence of effectiveness.
- » Select initiatives that target a widespread health problem in your population. Use local installation data to focus on health issues that affect large groups of people.
- » Target health promotion toward factors that reduce risk for illness or injury. Determine what risk factors are most prevalent in your population and then focus health promotion resources where the need is the greatest.
- » Implement simple initiatives wherever possible. Complicated programs can add additional barriers that may interfere with program success. Simple programs also keep costs low.
- » Make the program worth the participants' investment of time. People participate in activities that they perceive are "worth it." Get participant feedback and continually improve the programs that you offer.

To get the biggest bang for your health promotion resources, make sensible programming decisions based on objective data and needs assessments.

DON'T REINVENT THE WHEEL

Cold weather-related injury prevention

Leaders and Soldiers should understand that prevention of cold injuries is vital to sustaining combat power. Use this link to access a variety of cold weather-related injury prevention resources.

http://chppm-www.apgea.army.mil/coldinjury/ColdWeather_TempHome_20061121.pdf

HPPI NEWS and FAQs

HPPI FY07 Request for Proposals (RFP)

Thirty applications were received in the areas of: tobacco cessation, physical fitness, nutrition and weight control, stress management/resiliency, STI education, injury prevention, self-care, health promotion in times of deployment, and health information technology.

Decisions regarding funding will be announced on or about 9 February 2007. All applicants will be advised whether or not their application was selected to receive a HPPI FY07 funding award.

The FY08 HPPI RFP is expected to be released in October 2007.

More information about the HPPI RFP is available at:

http://chppm-www.apgea.army.mil/dhbw/Population/HIPPI_FY07RequestForProposalsPage.aspx

For more information about [HPPI](#), to see past issues of the [HPPI Newsletter](#), or to [contact HPPI](#).